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TEMP Max 26 | Min 18 | Humidity 76% Generally cloudy sky Sensex 61,624 | Nifty 18,329 | Gold 52,553 | Silver 61,916 | Dollar 81.19 | Euro 83.76 | GBP 95.75

Déjà vu: Cakes of loose asphalt, peeling away from road redone for PM's visit, posing danger to unwary motorists

THE CAKEWALK

5 two-wheeler riders injured skidding over loose asphalt

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TWEETS @BangaloreMIRROR

Cakes of asphalt are peeling away from roads redone by the Bruhat Bengaluru Mahanagara Palike (BBMP) and Public Works Department before Prime Minister Narendra Modi's recent visit.

It has been a routine for elected representatives of the ruling party and officials to asphalt important roads prior to the dignitary's visit to the city irrespective of whether roads needed to be asphalted or not.

The Prime Minister visited Bengaluru on November 11 to participate in important events in the city. As usual, the BBMP and the PWD engineers got busy with asphalting many roads in the city. The latest case in point is the nauseating condition of the road between Bagalur and Chagalatti Village near Kempegowda International Airport.

The PWD asphalted the road to ensure smooth movement of vehicular traffic on the occasion of PM's visit to the Kempegowda International Airport to unveil the 108-ft statue of Nadaprabhu Kempegowda and inaugurate the second terminal at the airport.

The residents of Chagalatti were very happy to see the road asphalted. However, their joy was short-lived when the asphalt began peeling away sooner.

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"I took help of some volunteers from our village to remove loose layer of asphalt to avoid accidents

— Narasimha Prasad, resident, Chagalahatti

Spike in suicide attempts

5 government hospitals receiving 3 suicide attempt cases every day

| Ahna Prakash
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TWEETS @BangaloreMIRROR

Bengaluru is seeing an increase in suicide attempts cases of late. As many as five government hospitals are receiving three suicide attempt cases every day, according to Dr P Rajini, deputy director, Health and Family Welfare department.

Victoria hospital, Bowring and Lady Curzon Hospital, Sir CV Raman General Hospital, Jayanagar General Hospital and KC General Hospital are the healthcare facilities posting a surge in cases of suicide attempts.

"There has been an increase in suicide rates post covid pandemic, as mentioned in the NCRB (National Crime Records Bureau) data. That's why, the department of health and family welfare, through the national health mission, has started implementation research to tackle the problem. Whenever a person is admitted at a government hospital after a suicide attempt, we provide them good counselling and support, so that there is limited chance that they will attempt suicide again," said P Rajni.

The deputy director told BM that government hospitals and other health institutions in the state have been directed

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Swedish edu fair

Students looking to study abroad will have an excellent opportunity to explore their options for studying in Sweden during the visit of a Swedish higher education and research delegation in India, in a series of 'Study in Sweden' fairs. The fairs will present Indian students, especially undergraduates, with various prospects for pursuing advanced studies in Sweden. Students can receive information regarding scholarships, visa opportunities and student life in Sweden.
Where: Taj Yeswanthpur
When: November 23, 2:00 pm – 4:00 pm

02 Piyush Mishra, live

Phoenix Marketcity Bengaluru is all set to host a soulful and relaxing performance with Piyush Mishra performing live. Piyush Mishra is a man of many talents -- a very successful theatre director, actor, music director, lyricist, and singer. Ballimaaraan, Piyush Mishra's band is a musical homage to the respected poet, Mirza Ghalib. Since its inception in 2016, Ballimaaraan has performed all over India and has gained immense popularity th its genre-bending songs like 'Husna', 'Ik Bagal', 'Aarambh Hai Prachand', and many more.
Where: Courtyard, Phoenix Market City
When: November 19, 6pm onwards
Tickets: Bookmyshow.com

03 Get creating, folks

If you want to give wings to your imaginations through your artwork, participate in this Little Picasso Art Competition. The event is open to all between age groups of 3 to 18 years and is inviting participation from all who want to awaken the inner Picasso in themselves. Best 3 + 1 artworks submitted will be rewarded with exciting prizes on the same day at the mall. The mall will also play host to a plethora of entertaining games and activities alongside the competition to keep everyone happily occupied.
Where: Nexus Shantiniketan Mall, Whitefield Main Road; When: November 19, 3.00 pm onwards

Real-world knowledge, in college classrooms

UGC asks universities and colleges to hire professors of practice who have contributed significantly in their fields and have at least 15 years of experience

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> **"The professor's experience will be very beneficial for the students**
> – Prof Niranjan Vanalli, Vice Chancellor, BNU

The University Grants Commission (UGC) has asked higher education institutions across the country to engage 'professors of practice' in universities and colleges. The recommendation has been given in accordance with the National Education Policy 2020.

An eligible 'professor of practice' will be a distinguished expert who has made remarkable contributions in their profession with at least 15 years of service/ experience, preferably at a senior level.

The universities and colleges in the city have welcomed the move by the UGC, saying that it would elevate the quality of education at the institutions and would promote experiential learning and training.

Prof Niranjan Vanalli, vice chancellor of Bangalore North University (BNU), "I am a professor of journalism and have been a columnist as well. I know how important it is for this field to have a practicing professional as a teacher. The experience will be very beneficial for the students so I definitely welcome this move."

As per the guidelines released by the UGC, formal academic qualification is not considered essential for this position if they have exemplary professional practice instead. These experts will also be exempted from the requirement of publications and other eligibility criteria stipulated for the recruitment of faculty members at a qualified professor's level.

While the higher education institutions in the city have appreciated the move, it might take some time to be implemented everywhere, the varsity authorities informed.

Prof Shrinivas Balli, the founder and vice chancellor of Nrupathunga University, told Bangalore Mirror that such professors will be hired on a contract basis by universities and colleges.

"We still have to identify the areas and fields to be identified in the university and we also need to enlist all the experts and experienced individuals. By the next academic year we will be able to engage these professors also," Prof Balli said.

So far, the universities and colleges have been engaging with industry experts and professionals through guest lectures or seminars. However, these were either optional for the students to attend or did not include any credits/scores.

Prof Lingaraj Gandhi, the vice chancellor of Bangalore City University (BCU), said, "These new guidelines will formalise the entire process and will also fix the pay scale for these individuals which is very much needed."

The UGC guidelines regulate that the number of professors of practice in any institution, at any point in time, should not exceed 10 per cent of the sanctioned posts in the said institution.

Moreover, the engagement of the professor of practice will be exclusive to the sanctioned posts of a university/college. It will not affect the number of sanctioned posts and the recruitment of regular faculty members.

Booksellers, out of biz

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Ever since the pandemic hit, life changed for the many booksellers on Avenue Road. More than two years later, covid may be on the wane, but the situation has not improved for these stall owners, who continue to face losses as customers prefer online books and soft copies to physical books. Some shopkeepers have had to close their businesses and return to their native places.

The bookstores on Avenue Road are known for selling second-hand academic books, novels, comic books, etc. This place used to be a huge attraction for students as well as book lovers from across the city. However, the store owners complain that now they are losing out on their business because of online platforms.

Kiran S, running Golden bookstore, said, "There is no business at all. We are facing heavy losses. The customers who come here say that the price of the same book online is way lesser than here, and they end up not buying any books. Everyone is using online platforms for books and because of that, we are having no business at all. Because of the lack of business, we are barely earning Rs 600 to Rs 700 whereas before we would earn close to Rs 2,000 to Rs 3,000."

Shekhar KK, running Shiva bookstore, said that earlier, a lot of students used to come for buying the books, but now everyone is either using online sites or using pdfs and photocopies. This is the case especially for the engineering students who are being sent pdfs for studying. The first setback was the online sites, then after covid, the business completely dropped because during that time people developed a habit of reading books on their phones, he explains.

Harish Raj, an engineering student, said, "We are given the pdfs and I use that to study. it makes studying less confusing for me as I do not have to go through the entire book to find answers. Moreover, the pdfs do not cost anything, while the course books would cost me a fortune."

Manju N, running a book stall on the footpath said that initially, they never had to worry about running their businesses. Now, they are on the verge of closing their shops." However, book lovers in the city say that bookstores will never go out of business because nothing can match the physical touch of the book.

Jijin Ashok, an IT professional said, "I feel sad to see the condition of the bookstores, so whenever I get the chance, I buy books. I am sure that nothing can match the physical touch of the book. People are facing problems because of staring at screens all day, so they might choose physical copies soon."

Be responsible, get out of the wrong path

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The Bengaluru Traffic Police (BTP) are conducting awareness drives to eliminate wrong side driving following a rise in such incidents in the city.

Kala Krishnamurthy, DCP, Northeast Division, said, "We are routinely conducting the drives on a priority basis every day. The people who drive or ride on the wrong side of the road for driving will be charged a fine of Rs 500. We have increased the number of cases that are being booked for wrong side driving. We observe the people and if they are going from the wrong side of the road, we will book a case against them."

Many commuters add that such acts are extremely dangerous. Vishal S, a commuter, said that on Varthur Lake Road, there is rampant wrong side driving going on. Most of the people are on their bikes.

Many say that there needs to be strict penalties for people who are driving on the wrong side of the road

because they are not just endangering their life but also the lives of other people. Their fine should be increased and their vehicles should also be taken away, otherwise they will not learn a lesson, said Vishnu Kumar, another commuter.

Some of the commuters also pointed out that Hoodi Junction is one of the areas where wrong-side driving is rampant. Rakesh Jain, a commuter, said, "While driving through Hoodi junction, I saw so many people who were driving on the wrong side of the road. Seeing them I got confused. The police should immediately take them into custody."

The Kundalahalli Colony Road leading towards Brookfield is also an area where the two-wheelers are often seen speeding on the wrong side of the road. "There should be severe action taken," Ashish Krishnan, another commuter, complained.

Many also said that on the stretch between Brookfield Mall and CMRIT, this is a common sight. Abhijith Aniruddh, a daily commuter, said, "So many people drive on the wrong side of the road that it becomes difficult for people who are going on the right side. Once a bike coming from the wrong side almost scratched my car."

CRIME FILES

Chain-snatcher duo nabbed

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Girinagar police have arrested a delivery boy and a college student involved in a series of chain-snatching cases in the city. The accused were on the most wanted list without being arrested even once, said the police.

The accused have been identified as Harish and Suresh.

One of the accused, who is a delivery boy with a popular food delivery app, was on the search list for a long time. On Sunday, both were caught and items worth Rs 10 lakh was seized from them. The police recovered 165 gram of gold worth Rs 9 lakh and seized two two-wheelers worth Rs 1 lakh.

"They would often steal from areas near Girinagar and CK Achukattu police station. The problem was that both would go back to their normal lives after committing the crime," said the police.

Ola scooter scam: 20 held

Twenty people have been arrested in Bengaluru, Gurugram and Patna in relation to the pan-India Ola electric scooter scam. The scam has affected more than 1,000 people and robbed them of crores of money, said DCP Outer North, Devash Mahla.

Girl ends life over rebuke

A 15-year-old school girl has ended her life after allegedly being scolded by her teacher, Ramamurthy Nagar police said.

The teenager, who was studying in the 10th Standard at Mariam High School in Banaswadi, was scolded by the school teacher in front of her classmates for cheating in an exam, cops said. Aggrieved by this, the girl killed herself by hanging herself in her room on Sunday, they added.

"She has also left a suicide letter in her room," said the police.

The victim's parents alleged that the school was responsible for the death. The case has been registered at Ramamurthy Nagar police station.

Jayaprakash, the jurisdictional Block Education Officer (BEO) said, "I have interacted with parents and school staff. We will also conduct a parallel inquiry and the report will be submitted to the higher officials."

The school headmistress said, "I don't know why she took an extreme step. We summoned her mother, asked why she did not come to school and gave her a re-test. We have proof of the malpractice. It is wrong to say that one of the teachers scolded her. However, if someone makes a mistake, we need to tell the student what is right or wrong."

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Toilets ready, but won't be opened for citizens

Visitors to Coles Park left in the lurch as BBMP waits for building inauguration

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After the local demand for better restrooms at the Coles Park in Pulikeshi Nagar, the Bruhat Bengaluru Mahanagara Palike (BBMP) took up the construction of a new toilet block in the park at an estimated cost of Rs 16 lakh.

The construction of the toilet block was completed more than a month ago. However, visitors have been complaining of restrooms being locked and BBMP being insensitive towards the senior citizens visiting the park.

"I often come across a few senior citizens visiting Coles Park wearing diapers as the restrooms are locked. It is not clear why the BBMP engineers kept the toilets locked. I think that there is no need for the engineers to wait for the elected representative to inaugurate the toilet block," said Habiba Subhan, a social activist.

She demanded the BBMP to ensure flushing facilities at the toilets. "How do you expect senior citizens to use the restrooms without flushing facilities?" she asked.

Senior citizens are compelled to use the restrooms meant for the watchman's family. "Some senior citizens approach us to use our restroom. We keep water stored in plastic buckets in the restroom," said a member of the watchman's family.

The other major issue is misuse of children's play areas by students of nearby high school students. Groups of students often play football in a children's play area meant for skating.

The locked toilet block in Coles Park; defunct play equipment at the park (below)

"I have been trying my best to prevent high school students from misusing the children's play area in the park. We ensure the skating area is locked in the afternoon but the students enter the skating area by jumping the fence," said a BBMP Horticulture Department official.

He added that he is thinking of writing letters to the principals of the schools in the vicinity to keep a vigil on those students spending time in Coles Park rather than attending classes.

On the condition of play equipment, the BBMP Horticulture Department official said that efforts are being made to repair the broken and defunct play equipment. "It will be repaired in a week's time. As of now, repair of play equipment at Richards Park is in progress," he said.

Meanwhile, BBMP executive engineer Ravi said the toilets block would be opened for visitors in a week after consulting with Pulikeshi Nagar MLA R Akhanda Srinivasa Murthy.

Pulikeshi Nagar MLA, R Akhanda Srinivas Murthy inspected Coles Park more than a year ago. When informed, he said that he would take measures to open the toilet block by Tuesday. "I will instruct the BBMP engineers to open the toilet block without any delay," said Murthy.

For crying out loud, fix Begur's roads

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The residents of Begur are living in distress as the roads in the area have not been properly maintained. This has led to difficulty in everyday commuting and concerns people who are bound to use it in their everyday life. The residents have mentioned that Begur is not a remote area. Despite that, there have been no signs of development in the area.

"Begur road around Begur temple road is in a very bad shape. There have been no efforts made to fix the condition of this road. It is making commuting extremely difficult for the people who stay nearby as well as for the people who use it," said Rishabh Kumar, a resident of the area.

As the road is completely uneven, and is filled with potholes and loose stones, the commuters feel that the condition can lead to the risk of two- wheelers skidding. "If people are not extremely cautious while commuting on this road, there are chances that they might slip and fall. The authority should take immediate steps to fix the condition of the area," said Akash Gupta, a commuter.

Garbage is dumped on the sides of the unpaved Begur Road

Some of the residents also raised concerns over the road connecting Vishwapriya Nagar to Chikka Begur road, which is in terrible condition.

Archita Raj, another resident of the area, said, "The road connecting Vishwapriya Nagar to Begur Lake Road is not tarred. It has been like this for a very long time. Despite several complaints, no efforts have been made to fix the area. This road is used by a lot of people, and it is quite important as well. Moreover, it is a small stretch of road which means that it will not take much time to fix it."

The residents seemed worried about their young ones who are also frequent users of the area. "Since this road is not tarred, it becomes very muddy whenever it rains and anyone commuting through this road can slip and fall because of the mud," said Sumith K, another resident of the area.

He added that the authorities should take immediate action. The sides of the road being filled with garbage is further hampering the look of the road and something should be done about it. The residents also added that the road in Chikka Begur had been dug up and remained like that which added to their inconvenience. "We will look into the matter and take all the necessary actions," said a BBMP official.

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Half-done work

Kasavanahalli

Most of the sewage drain work in Kasavanahalli has remained incomplete for the last three months. Roads are also not good.

Real hindrance

Chikka Banaswadi

These barricades are causing more hindrance than convenience in the narrow street of 4th cross, Chikka Banaswadi.

Jams and mosquitos

Kamaraj Road

A big hole has been dug up and work is pending. Due to this, there is a mosquito menace and traffic congestion on Kamaraj Road.

CM puts brakes on plan to hike milk, curd prices

The Karnataka Milk Federation (KMF)'s decision to hike milk and curd prices from Tuesday was vetoed by Chief Minister Basavaraj S Bommai. Following directions from CM, the KMF has decided to wait till November 20 to take a call on revising milk and curd prices.

After KMF decided to hike the prices by Monday midnight, Chief Minister Basavaraj S Bommai had asked the entity not to do so till November 20 when he would hold a meeting with the KMF members and then decide.

He said that he would arrive at a decision which will benefit farmers as well as consumers.

Earlier in the day, KMF announced that one litre of toned milk would now cost Rs 40 (earlier Rs 30). Homogenised toned milk will cost Rs 41; homogenised cow milk-Rs 45, special milk-Rs 46, Shubam milk-Rs 46; homogenised standardised milk-Rs 47, Samruddhi milk-Rs 51, Santrupti milk-Rs 53, double toned milk-Rs 39 ad curd will cost Rs 48.

Now, these hikes will be effectively put on hold and consumers have to pay the earlier rates which are Rs 3 lesser.

On the need to hike prices, a KMF official said, "The price of milk and curd was to be increased to help the dairy farmers of Karnataka. The extra amount was to directly go to the farmers".

However, when consumers came to know of this, they expressed disappointment. Rajesh M Nair, a resident of Sarjapur, said, "If we are to do the math, then a hike of Rs 3 is big, especially for the people who buy the items on a regular basis. So, we request the government not to hike prices." Tea vendors in the city too were highly distraught by the prospect of a milk price hike.

KMF sources said that the milk prices were hiked by Rs 2 in February 2020.

Since January this year, there has been demand from the KMF to increase the prices. The farmers were also demanding the increase in prices for a long time saying they are incurring more expenses as the fodder and grass have become dearer due to climatic conditions. **-BMB**

Tenants in despair as rents go north

As city returns to pre-covid activity, house-owners jack up rents by as much as 35%

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Like many other house hunters during the pandemic, Raksha (name changed), in January 2021, lapped up an apartment on rent in the city she otherwise could not afford. Raksha upgraded to a spacious one-bedroom apartment in the BTM Layout area after sharing space for more than three years.

"The deal was too good to say no to. I have dreamt of living alone since I graduated and could finally afford it," said Raksha, who moved into her new abode immediately.

However, after completing two years of rent agreement, Raksha's landlord has now asked for a 35% increase in the rent amount, effective December 2022.

"I have been paying Rs 12,000 as rent since I moved in. But the landlord has now asked me to shell out Rs 16,000 from next month. I tried to negotiate the price with the house owner but he did not agree and now I will have to vacate the apartment," said Raksha.

There are a few more tenants like Raksha in Bengaluru who are facing the same issue as the city begins to resemble its pre-covid self.

Prateek B (name changed), who has been living near Yelahanka for over one year, has a similar story to narrate.

"I rented the flat a year ago and signed an agreement as well with the landlord. The agreement clearly says that there will be an increment of 5% in the rent amount after one year. However, when the landlord came to collect the rent this month, he informed me there will be an increase of around 35% in the rent from December. This means I will have to pay Rs 19,000 instead of the earlier rent of Rs 14,000," rued Prateek.

"We tried to negotiate and offered a 10% increase instead of 5%. But he did not budge. I have lived in the city for seven years but have never faced these issues before. I will be vacating the flat now as I cannot afford it anymore," added Prateek.

While eviction notices are being served under the pretext of rent increase, many are jostling to find a stay at an affordable rate.

"I returned to the city in March 2021 and could land a place to stay in a jiffy. But now I am served with an eviction notice and struggling to find an affordable home on rent," said another city-based tenant.

Experts say, as people have returned to their city of work now, rentable real estate in Bengaluru has gone back to its usual demand. Rents have skyrocketed and landlords are not shying away from taking advantage of the situation.

"Most of the landlords have suffered during the pandemic time. They had no other option but to slash the rent amount. Many rental properties were lying vacant for months altogether.

Now that things are getting back to normal, the cost of rented properties has gone north. People are trying to take advantage and make more money from the rented properties," said Suresh Hari, chairman, Confederation of Real Estate Developers Association (CREDAI), Bengaluru.

Industry experts also advise that this is the best time to invest in a property instead of choosing to rent a place.

"While the cost of construction has gone up, the property prices have remained the same. People should consider buying properties," said a city-based developer.

Man dies in road accident

A 35-year-old man has lost his life in a horrific road accident in Rajajinagar on Monday. Though there were reports that the accident was caused due to a pothole, cops say it was a collision. The deceased has been identified as Kumar, a resident of Marappanapalya.

Kumar was riding a bike when his vehicle collided with a tractor, said the police.

"The biker died on the spot after the collision with the tractor. After the accident, the truck driver fled the scene and we are looking for him," said the police.

A case has been registered in Malleshwaram traffic police station in this regard.

Saleem back as traffic head

Abdulla Saleem (IPS officer of 1993 batch) is back as head of traffic wing in the city. In a major reshuffle, the Government has posted Saleem as Additional Director General and Special Commissioner (Traffic) Bengaluru City. He replaces BR Ravikanthe Gowda who has been posted as CID's Deputy Inspection General of Police. Saleem had served as traffic chief for Bengaluru in the earlier stints.

He was posted as Additional Commissioner of Police (traffic) in 2015 and earlier had served as traffic head between 2003 and 2006. Among the other reshuffles, Sharanappa SD has been posted as Joint Commissioner of Police (crime) and MN Anucheth as Joint Commissioner of Police (traffic).

Aftermath of shoddy work

CONTINUED FROM PAGE 1

"I was riding pillion on my son's two-wheeler on Sunday night. We were going home after visiting Bagalur. My son began complaining that his two-wheeler was wobbling. We got down from the vehicle to check whether its wheels were in a good condition. We found the asphalt was loose and peeling away. I took the help of some volunteers from our village to remove the loose layer of asphalt to avoid road accidents," said Narasimha Prasad, a resident of Chagalahatti.

Prasad demanded that the PWD authorities take measures to restore the road to normal condition.

Arun SH, a resident of Chagala'tti, told BM that five two-wheeler riders got injured due to the loose layer of asphalt. "If the peeling away of the asphalt is any indication, it seems the PWD contractor asphalted this road in a terrible hurry. Now, the road has become dangerous for unwary two-wheeler riders. I want the authorities concerned to re-asphalt this road for the benefit of motorists," said Arun.

Rami Reddy, another resident of the area, blamed the PWD for the condition of the road. He said no one demanded the PWD authorities asphalt the road.

"There was no demand from the villagers. The PWD asphalted the road on their own but failed to ensure quality in the work. A few two-wheeler riders got injured. It will be difficult for unwary two-wheeler riders to commute on this road at night. It will be good to re-asphalt the road properly as early as possible for the benefit of motorists and two-wheeler riders," said Reddy.

Public Works Department chief engineer Govindaraj V was not available for comment on the condition of the road.

Similarly, in June, the asphalting done on the Jnanabharathi Main Road began peeling away as soon as the Prime Minister left for Delhi. Back then, the BBMP had spent a whopping Rs 23 crore for asphalting the roads on which the Prime Minister's convoy was expected to commute.

Feeling depressed? Seek help

CONTINUED FROM PAGE 1

to provide periodic counselling and treatment to suicide attempt victims. "The commissioner has directed all the public health centres, district and taluk hospitals to provide proper counselling to victims of suicide attempts under the mental health care act, section 115," she added.

Bengaluru reported 2,292 cases of suicides in 2021, as per the latest NCRB data. The city's percentage share in total suicide cases reported across India is 8.9%. The suicide rate of 2021 saw a 4.4 % increase from the year 2020, when 2,196 cases were reported in the city. Consultant psychiatrist Dr Mahesh Gowda said depression is the biggest cause behind suicides.

"People who commit suicide are generally in a depressive state. They feel sleepless and lonely, which triggers them furthermore. When they really need help, there is nobody around them. By law, every citizen is entitled to seek mental health care. In our state, we have several hospitals which cater to these needs. I believe that we are the only state in the country that has a psychiatrist in every district," said Gowda.

According to Dr Gowda, societal stigma and lack of awareness amongst people about helpline numbers are adding to the increase in suicide attamepts.

If you are feeling depressed and want to seek help, you can reach out to these helplines in the city: Suicide prevention SAHAI - 08025497777, Arogya Sahayavani - 104, Parivartan Counselling Helpline Service - 7676602602, Sai Mudra Yuva Helpline - 988039633, and Vandana - 08045901234.

Insurance firm challenges compensation, only to end up paying 4 times more

An insurance company which challenged the compensation of Rs 11.39 lakh awarded by a Motor Vehicle Claims Tribunal has been ordered by the Karnataka High Court (HC) to pay Rs 44.92 lakh to the victim instead. The National Insurance Company approached the HC with an appeal against the 2015 judgment of the Motor Vehicle Tribunal which ordered it to pay compensation of Rs 11,39,340 to one Alwin Lobo, an engineer RPT engineer.

Lobo was traveling with his brother on a motorbike which was involved in an accident with an auto-rickshaw. He sustained severe injuries and spent several months in hospital. He sustained "permanent injury" to his head as well.

The compensation awarded was challenged by the company which claimed that the auto driver Lokesh Gowda was a neighbour of Lobo and, to help them get compensation, the accident was made-up. It claimed that only the two-wheeler was involved in the accident and not the auto-rickshaw. Being the insurer of the auto-rickshaw, it was ordered to pay compensation.

Justice H P Sandesh, who heard the petition, in his recent judgment, said, "In order to come to a conclusion that it was a case of fraud and implication of the vehicle, no ample material is placed before the Court. When such being the case, I do not find any ground to reverse the findings of the Tribunal..."

Though the victim had not appealed for enhancement of compensation, the HC invoked a rule from Civil Procedure Code.

"In an appeal filed by the Insurance Company, the Court can invoke order 41, Rule 33 of CPC, if injustice is caused to the victim or deceased while awarding compensation," it said.

The HC found reasons to enhance the compensation, the most important being the head injury of the victim.

"While the claimant has sustained a number of injuries and the doctor is also examined before the Tribunal, the same is not accepted by the Tribunal. The petitioner has permanent physical disability at 65 per cent. But, without assigning any reason, the Tribunal has reduced the disability to 25 per cent. In a case of head injury, the disability cannot be converted as like an injury to limb and the Court has to take the actual disability," the HC noted.

Enhancing the compensation on various heads, the HC ordered, "The claimant is entitled for compensation of Rs 44,92,140 as against Rs.11,39,340 awarded by the Tribunal."

However, the interest payable for the amount from 2009 was reduced from eight per cent to six per cent taking note of the interest rate prevailing in nationalised banks. **PTI**

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CHANGE OF NAME

I, DINESH KUMAR CHELLA, S/o, Chandrasekhar Reddy Chelle and Residing at No.1095, KHB 1st Phase, MIG 2nd 17th 'A' Cross, Chandapura, Anekal TQ, Bangalore Rural 560081 have changed my name to DINESH KUMAR CHELLE vide affidavit dated 09.11.2022 sworn before notary B V Nagabhushana, Bangalore.

I, SAJID AHMED SHAIKH, Resident of Flat No. G-136, Brigade Northridge Apts, Kogilu Main Road, Yelahanka, Bengaluru-560064, have changed my minor daughter's name from SARA to SARA SHAIKH, vide affidavit dated: 14.11.2022 before notary H.K. GOPALAGOWDA, Bengaluru.

I, SAJIDAHMAD SHAIKH, Resident of Flat No. G-136, Brigade Northridge Apts, Kogilu Main Road, Yelahanka, Bengaluru-560064, have changed my name to SAJID AHMED SHAIKH, vide affidavit dated: 14.11.2022 before notary H.K. GOPALAGOWDA, Bengaluru.

I, AFREEN TAJ. A, W/o. Mubarak Ahmed M, R/at No.13, Ground Floor, Church Road, Opposite East West School, Basavanagudi, Bengaluru-560004, have changed my name to AFREEN TAJ, vide affidavit dt:14.11.2022 before Notary K.V Mani, Bengaluru.

I, MOHAMED NOORUDDIN ASRAAR S/o Mohamed Nasee ruddin and Residing at No.41, Flat 202, 2nd Floor, Grand Park Apartment, Church Road, Bharathi Nagar, Bangalore 560005 have changed my name to MOHAMMED NOORUDDIN ASRAR vide affidavit dated 14.11.2022 sworn before notary B V Nagabhushana, Bangalore.

I, RIYAZ AHAMED RUKMA DDEEN S/o Ruknudeen and Residing at No.84, 2nd Floor, 5th Cross, 3rd Stage, Railway Layout, Pillana Garden, Kadugondana Halli, Bangalore 560045 have changed my name to RIYAZ AHAMED RUKNU DEEN vide affidavit dated 07.11.2022 sworn before notary B V Nagabhushana, Bangalore.

I Mandra Praneeth S/O, Bali Reddy Mandra R/o Flat No 310, B-block, Signifa Springs, Kaverappa Layout, Panathur, Bangalore 560103 have changed my name to Mandra Praneeth Reddy for all purposes.

I, SAMEENA KAUSAR, Resident of Flat No. G-136, Brigade Northridge Apts, Kogilu Main Road, Yelahanka, Bengaluru-560064, have changed my name to SAMEENA KOUSAR SHAIKH, vide affidavit dated: 14.11.2022 before notary H.K. GOPALAGOWDA, Bengaluru.

I, PARUL KUMARI, W/o Ravi Shankar, R/o #927 Ashirbad 16th A Main, 24th C Cross Sector 3, HSR Layout Bengaluru – 560102, Karnataka have changed my name as PARUL, vide affidavit dated 09.11.2022 sworn before notary Rajanna S. M, Bengaluru.

I, Anitha Raghavendra Kumar W/o Raghavendra Kumar. S R/o, No 04,4th Cross, Shamanna Gowda Layout, Jogupalya, Halasuru, Bengaluru, 560008 ,have Changed My Name To Anitha Subbaraya For All Purposes.

I, Rani Gound Or Rani Gond W/O, Amitkumar Shrichand Gound R/o Site No. 2, Sy No. 9, Doddagubbi Main Road, Nr Athmavidyanagar, Bengaluru-560077 have changed my name to Rani Amitkumar Gound for all purposes.

I Bharat Kumar Vinaychand Shah S/O, Vinaychand Bhagwandas Shah R/o 90/3 Souparnika Appt, 2nd Floor, 2nd Main Road Sheshadripuram have changed my name to Bharat Vinaychand Shah

I Sagar Harish S/o Harish.B.R R/o No 33,3rd Cross, Risaldar Street, Seshadripuram Bengaluru-560020 have changed my name to Sagar Bangalore Harish for all purposes.

I, Nagaraj. M R/o #56, 1st Main, 1st Cross, Babasaba - rapalya , Kengeri, Checkpost, Bangalore-560060 have changed my minor daughter's name from Poojanya. K.N to Shanvi.N for all purposes

I Shubham Sureshbhai Patel R/o Flat No-32 Plot No 245 4th Cross 1st Block Koramangala Bengaluru 560034 have changed my name to Shubham Patel for all purposes

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It's fair: Public opinion to decide fare structure

Meeting held with Ola, Uber, Rapido, auto union; decision to be submitted to HC

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Auto unions say that the same rules should be applicable to all parties

Representatives from Ola, Uber and Rapido, auto unions and Transport Department officials convened a meeting on Monday evening to discuss the fare structure permitted for aggregator apps. Transport Department officials announced their decision to hold a public meeting and the public opinion regarding the fare structure would be submitted to the High Court.

After the Transport Department ordered a stop of services, the High Court allowed cab aggregators to continue operating at minimum pricing plus a 10 per cent convenience fee and GST. Court had also given 15 days to come up with a new fare structure and asked the transport department and cab aggregators. Auto unions were however irked that the fare structure was not fixed in Monday's meeting convened to discuss the fare structure.

Transport Commissioner, S N Siddaramappa said, "We conducted the meeting with Ola, Uber and Rapido, auto unions. We discussed the issues about fixing the platform price as per the High Court's directive. On Tuesday, we will hold a meeting with the public and submit the details to the court. The public will be invited to discuss the issue and a meeting will convene at the Transport Department office. Final details regarding the fare structure will be submitted to the court."

Auto unions have launched two new apps: Rook and Namma Yatri where passengers can choose fare of their choice

However, auto unions that were expecting an end to the cab aggregator issue were irked that the Transport Department did not decide on the fare structure. President of Bharatha Transport Association group, Jayanna, said, "As per High Court order, if additionally cab aggregator platforms are taking only 10 per cent, we do not have an objection. They have suggested a high fare structure but have been heavily opposed. Charging more than 10 per cent is not good for auto drivers or the public at large," he added.

If cab aggregators are allowed to charge more than the meter fare, auto unions ask the government to increase their fare structure as well. "At the meeting today, there was no discussion about fare structure and we were asked to provide opinions. They announced a decision to conduct a public meeting tomorrow and submit details to High Court. We are not asking for an increase in fare structure but if cab aggregator platforms are permitted to charge more than meter fare, existing meter fare structure should also be revised," said TM Rudramurthy, General Secretary of Auto-Rickshaw Drivers Union (ARDU).

Recently, amid concerns of overcharging by cab aggregator platforms, auto unions have launched two new apps as well: Rook and Namma Yatri. Rook by Peace Union charges Rs 16-Rs 25 per km but passengers choosing higher fares will lead to faster bookings, The Namma Yatri by ARDU charges a set meter fare plus a Rs 10 nominal fee and drivers can send fare quotations with include an additional courtesy fee from Rs 10-30. Passengers can choose the fare they want.

'Saffronisation in classrooms'

After the textbooks issue, a 'saffronisation' row has now hit classrooms in Karnataka.

The State Government has decided to paint around 8,100 classrooms in saffron colour under Project Viveka that was launched by the State Government. However, opposition parties are crying foul saying that this is yet another attempt by the BJP government to 'saffronise' the Education Department.

However, Chief Minister Basavaraj Bommai said, "The classrooms are being built in the name of Swami Vivekananda. He was a saint and he wore saffron. 'Viveka' means knowledge, let them (Congress) have it." Congress MLA Priyank Kharge said, "We are concerned about their priorities. We want to know how much money has been spent on infrastructure and painting saffron."

JDS working president CM Ibrahim said that instead of spending money on painting saffron, the government can distribute that money to students. The money can also be invested to improve infrastructure, he said.

Reacting to this, Education Minister BC Nagesh said, "The opposition parties are known to create controversies. The BJP is giving a lot of priority to education." **-BMB**

Fight over smokes and a death

A fight over a cigarette has allegedly led to the death of a man, Bellandur police said. The deceased, Sudarshan Rao, a manager in a private company, went to buy cigarettes from a local store near his office.

Later he got in a fight with the shop owner, as Sudarshan allegedly refused to pay. When he came back to office, he felt chest pain.

The police informed that his colleagues immediately took him to the hospital and he died on the way. The family members were shocked and they complained to the Bellandur police station that their son's death was a murder. "The body has been sent for post-mortem examination," said the police. **-Ahna Prakash**

Fresh emission regulations for diesel genset announced

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The Central Pollution Control Board in collaboration with the Ministry of Environment and Forest has laid down fresh emission regulations for diesel genset. The standards will apply to all the sets assembled, manufactured and imported to India. The new guidelines will be implemented from July 1, 2023.

As per the guidelines, the emission of oxides of nitrogen and hydrocarbons in a diesel generator with up to 8 kW power should not exceed 7.5 g/kWh. The emission of carbon monoxide should not exceed 3.5 g/kWh and the particulate matter should be under 0.30 g/kWh.

For generators between 8 kW and 19 KW power, the emission limits of oxides of nitrogen and hydrocarbons have been decreased. While the previous guidelines by the board in 2019 had set this limit at 7.5 g/kWh for gensets with power up to 19 kW, it has now been brought down to 4.7 g/kWh. However, the emission limit of carbon monoxide and particulate matter for this category of genset remains the same at 3.5 g/kWh and 0.7 g/kWh respectively.

"The government must talk about the regulations around phasing out and scrapping old gensets
- a city-based air pollution expert

While the reduction in the emission limits is a welcome step in the right direction, experts say, the Board should also talk about phasing out old gensets and incentivising people for scrapping them.

"Given the number of power cuts we have been experiencing so far, it is expected to increase in the summer months. While the emission limit for a couple of pollutants has been reduced, the government must talk about the regulations around phasing out and scrapping old gensets," said a city-based air pollution expert.

The emission limit for gensets between 19 KW and 56 KW is the same as the previous category.

As per the new guidelines, domestic manufacturers, importers or assemblers of portable gensets up to 19 kW and engine displacement up to 800 cc, are also required to obtain Type Approval from the authorised certifying agency and comply with the Conformity of Production test of their product for the emission limits.

Automotive Research Association of India, Pune, Maharashtra; International Centre for Automotive Technology, Manesar, Haryana; and Indian Institute of Petroleum, Dehradun, Uttarakhand are authorised to carry out or witness such tests as they may deem necessary, for giving certificates of Type Approval and Conformity of Production for engines and Gensets for power generation. CPCB will be the nodal agency for the implementation of these rules and can constitute a standing committee to advise it related to the implementation of these rules.

A walk in the clouds at Skandagiri to cost more

Entry fee to popular hills is ₹250 for weekdays and ₹500 on weekends as officials aim to prevent crowding

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Trekking at Skandagiri is set to become expensive during weekends. Skandagiri is one of the very few places in Karnataka where one has to pay for trekking.

Now, the forest department which manages trekking has decided to charge double the amount during the weekend. For weekdays trekking, the eco-tourism department has fixed Rs 250 as entry fee while it is Rs 500 on weekends.

Skandagiri attracts a huge crowd, especially many from Bengaluru. The trekkers are left disgruntled by this move. One regular trekker told BM, "While the prices have been doubled, we are sad to know that there are not many facilities available. The road leading to the hillock is in a pathetic state. There are no provisions for eco vehicles or drinking water. At least, the eco-tourism department should have provided security or rest rooms."

Another trekker said that with restrictions on the number of people going to Nandi Hills, many were now heading to Skandagiri instead. "However, for us who want to go to Skandagiri, the trek is becoming expensive. If we need to pay Rs 500 per person, then four members of the family have to cough up around Rs 2,000 which is quite expensive as there is no provision made to avail of group tickets."

An official said that the prices have been increased to regulate the crowd. "During weekends, we are seeing a lot of rush while there are hardly any trekkers during weekdays. So, we have been offering the regular price of Rs 250 on weekdays but we want to regulate the crowd on weekends and hence the ticket prices have been doubled," the official said.

Nandi and Skandagiri are part of the same chain of mountains. Skandagiri summit point is at an altitude of 1,450 metres above sea level. Both these hillocks are known for the misty mornings and sea of clouds that cover the entire range. While Nandi can be accessible by road, the Skandagiri is accessible only by trekking. However, a spate of misadventures along with sightings of wild animals had forced the forest department as well as police to introduce paid trekking at Skandagiri. Officials argue that paid trekking will not only make the trekking safer but also will bring in moolah to the department which can ensure cleanliness of the place with regulated trekking.

Earlier, Skandagiri was known for many 'misadventures'. A few years back, around 80 trekkers, mostly techies, were asked to stay awake midnight at the foothills of the Skandagiri before they were asked to go back to their homes as night trekking was banned.

Skandagiri is a favourite and thousands used to go visit to see the sea of clouds that were formed around the hillock.

Hundreds of trekkers visit Skandagiri during the weekends. A large part of the trekkers are from Bengaluru

"During weekends, we are seeing a lot of rush while there are hardly any trekkers during weekdays. So, we want to regulate the crowd
– Eco-tourism department official

Twitter account: SC dismisses senior advocate's case transfer plea

The Supreme Court on Monday dismissed a plea by senior advocate Sanjay Hegde seeking transfer of his case, challenging the permanent suspension of his Twitter account for allegedly re-tweeting two posts, from the Delhi High Court to the top court.

A bench of Justices MR Shah and Hima Kohli also declined to interfere with his second plea against Karnataka High Court dismissing his plea seeking intervention in the petition filed by Twitter Inc challenging a series of blocking orders issued by the Centre.

"No case for transfer of cases is made out...Transfer petition stands dismissed. We are of the opinion that let there be one decision by one high court so that in future, this court would have advantage of at least one HC judgement," the bench said.

The senior lawyer had approached the Delhi High Court in 2019 seeking directions to the Centre to lay down guidelines under the Information Technology (IT) Act to ensure that censorship on social media is carried out as per the Constitution.

He had filed the plea as his account on Twitter was permanently suspended by the social media company on November 5, 2019, allegedly in connection with two re-tweets by him, and sought restoration of his Twitter account. The petition had said that before coming to court Hegde had followed the internal appeals procedure of Twitter, but his appeal was rejected. – PTI

It's Europe Vs South America at Doha

SPORTS

Asia will host the FIFA World Cup for only the second time as Qatar rolls out the red carpet for the 32 teams and millions of football fanatics from Nov. 20 to Dec. 18, 2022.

Japan and South Korea were the joint hosts when the continent hosted it for the first time in 2002.

The 64 matches of the tournament will take place across eight venues — Al Bayt Stadium, Khalifa International Stadium, Al Thumama Stadium, Ahmad Bin Ali Stadium, Lusail Stadium, Stadium 974, Education City Stadium, Al Janoub Stadium — in the tiny Arab nation.

With millions getting into Qatar paying sky-rocketing prices for match tickets, air fares and hotel accommodation, and more than 4 billion glued to their television sets across the length and breadth of Planet Earth, it will be a month-long football festival unmatched by any other sporting event.

The 31 National teams came through more than 600 qualifying matches played over the past three years with hosts Qatar clinching an automatic entry by virtue of being the hosts. The talented teams promptly take home millions of dollars at every stage of the competition. Each team is offered a $1.5 million participation fee by just qualifying. At the group stage, every team gets $9 million, Round of 16, $13 million, quarter-finals $17 million, Fourth place $25 million, Third place $27 million, Runner-up $30 million and the ultimate winners taking home a fat check of $42 million. The FIFA World Cup costs $250,000, but the winners are given a replica to take home and must return the original.

From 1930 to 1970, they played for the Jules Rimet Trophy named after the French President who was instrumental in establishing the International body. Brazil won it

three times and earned the right to keep it permanently. From 1974 forwards, the FIFA World Cup was introduced and it cannot be won outright. Therefore, a replica is presented and the original taken back. The Jules Rimet Trophy was stolen in 1966 before it was discovered in a dust bin by a dog named 'Pickles' whose owner was out for a morning walk with it. It was again purloined from the showcase of the Confederation of Brazilian Football (CBF) in 1970 and has never been recovered.

The most popular sporting event on earth which surpasses even the Olympic Games in terms of official attendances, television coverage and viewership, sponsorships, etc. is essentially a contest between teams from South America and Europe. Those from Asia, Africa, north and central America, Oceania purely make up the numbers. The score between the continents is Europe 12, South America 9. Brazil is the only nation to have won it on five occasions. Uruguay won it twice while Argentina triumphed twice for the South Americans.

Germany with four victories and Italy, also with four wins apart from France twice, England once and Spain once in 2010, lead the European pack's challenge. None of the other nations have managed to progress beyond the last four stages.

Among Asian nations, North Korea sent the football world into a spin by making it to the quarter-finals in 1966 before losing to Portugal 5-3. South Korea unexpectedly went one better in 2002 as they made it to the semi-finals before losing 0-1 to Germany. Saudi Arabia, Iran, Iraq, Kuwait, Japan, China have qualified for the main draw but did not progress beyond the group stages. Qatar appends the list but by virtue of being the hosts. South Korea, led by Tottenham Hotspurs' striker and the joint-top-scorer in the English league last season, offer the best hopes for Asia yet again.

What about India? India entered the tournament in 1950 but voluntarily withdrew because of travel and finance issues. After qualification rounds were introduced, India has failed to make it to the finals.

The 13 European nations in the fray look set to reinforce their dominance over South Americans.
— SS Shreekumar

A popular tourist area in Souq Waqif in Doha decorated ahead of the big event; Jules Rimet Trophy (bottom left) and FIFA Trophy

HEALTH TIP: Taking short and frequent breaks can help in reducing both work-related mental stress, as well as the physical stress on our spines

Bitter foods help to wake up the liver – try a glass of hot water with lemon in the morning

BangaloreMirror | 9
Tuesday, November 15, 2022
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Blank screen

Kids' screen time rose by 50% during the pandemic. 3 tips for the family to bring it back down

Has your child's screen time increased since Covid? If you were to estimate by how much would you say 20%, 30% or even a 50% increase?

A newly released review comparing children's screen time before and during Covid, shows children's screen time spiked by a whopping 52% between 2020 and 2022. Increases were highest for children aged 12 to 18 years, and for handheld devices and personal computers.

Even though life is (almost) back to normal, many parents have noticed their child's technology use is still much higher than pre-Covid levels. Their instinct may be to come down hard with rules and restrictions.

But another approach might be to create a healthier balance as a family.

Easy habits to make

The full effect of the pandemic on our technology use is not yet clear, but there are factors to consider when understanding the current state of play of increased time on devices.

A key factor driving ongoing increased screen time is that extensive screen use sustained over time turns into a habit.

In other words, once a person gets used to using technology for greater lengths of time, it becomes their "baseline". Much like the way a child may get used to staying up late every night in the summer school holidays and then find it difficult to adjust back to school term bedtime again. The longer we do it, the more adjustment needed.

During our two Covid-induced years of restrictions, regulations and stay-at-home orders, many other activities were also removed from children's routines. Not only did screen time increase, but it also became the only resource a child had for school, play, communication, and everything in between. Screentime was not an add-on to their day, it became the core of their day.

Another factor driving children's increased screen time is that more of our life has gone online since Covid. Online learning has become an ongoing element of education. Online work and entertainment have all become more digital.

As a result children continue to use technology for longer periods of time and more intensely, and it's likely this trajectory will continue to increase.

Effects on kids

Increased screen time likely did not negatively interfere with wellbeing during lockdown periods as it was the only way to remain socially connected. However many worry about the impact of ongoing high levels of screen time on children.

Evidence of its impact is still sketchy. One of the main reasons is that it is now very difficult to separate our online and offline worlds.

But there are important points to consider regarding how problematic screen time impacts mental and cognitive health, which sit at the core of learning and development for children, and for us as adults.

We know there is a link between screen use and stress and anxiety. This doesn't not necessarily mean phone use causes stress and anxiety. It may be that when we are stressed and anxious, we reach for our phone to relieve it. But when that happens problems are not resolved and stress is maintained. This can become a habit for children.

Overuse of a screen can lead to mental and physical fatigue impacting a child's mood and ability to focus and learn.

Sleep is important for learning because it is during sleep we consolidate the ideas we engaged with that day. Little sleep means our brain doesn't have a chance to do this, which negatively impacts learning. Some small, limited lab-based experimental studies suggest screen use may negatively impact adults' body clock and sleep.

However, disrupted sleep is more often associated with the content a child engages with on a screen before bedtime.

> **Hyped, highly emotive content – whether it's on phone or TV – is more likely to keep a child up at night. Reading a story book before bed has a different impact**

Hyped, highly emotive content – whether it's on their phone, tablet or TV – is more likely to keep a child up at night. Reading a sweet story book on their screen before bed has a different impact.

3 tips for cutting back as a family

Taking measures to cut a child's screen time may seem like the most obvious parenting strategy. However, it is not necessarily the best as it often cannot be sustained. There are other measures that are more effective.

Like children, adults also experienced excessive screen time during Covid. Given parents' level of screen use is strongly associated with children's screen use, getting our own screen time back under control is an important role model that children need to see. Here are three tips:

1. Approach it together

One study from Denmark focused on all family members taking measures together to change their screen habits and the results were highly effective. Families reported positive effects on mental wellbeing and mood of all family members.

2. Prepare for challenges

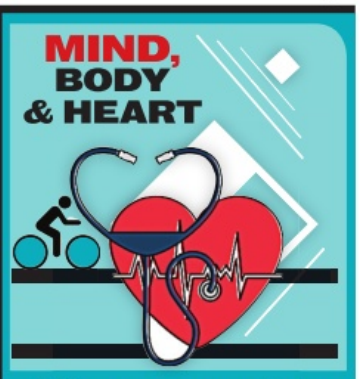
Important to the success of families in the study was that they were encouraged to talk about their expected challenges of reducing screen use and list potential solutions. This "in it together" approach enhances family bonding, motivation for change and new home screen environments.

3. Guide all elements of healthy screen use

Ensure parental guidance focuses on all three aspects of healthy device use: screen time, screen quality and screen buddies. This means keeping an eye on time spent on a device but also ensuring a child uses technology in a wide variety of positive ways, in varying social situations – sometimes independently but often with others.

Technology use has changed markedly since Covid. Managing screen time remains integral for children's health and wellbeing. But how we understand screentime, its place in our lives and how we help children manage it must move with the times.

(By Joanne Orlando, Western Sydney University for The Conversation)



All you need to know about...

Thumb arthritis

What is it?
The thumb is important for our manual dexterity because it's involved in many precise manipulations of the fingers. When it's affected by arthritis, our dexterity is curtailed. Osteoarthritis of the thumb is when the cartilage on the ends of the bones that form the joint at the base of your thumb wears away.

What are the symptoms?
It's painful when you grip, grasp or pinch an object, or press with your thumb. There may be swelling, stiffness and tenderness at the base of your thumb and weakness plus a decreased range of movement.

What causes it?
Thumb arthritis may arise from ageing and previous trauma or injury to the thumb joint. In a normal thumb joint, cartilage acts as a cushion so the bones glide smoothly against each other. With thumb arthritis, this cartilage deteriorates, and its smooth surface roughens. The bones will then rub up against each other, resulting in friction, joint damage, pain and loss of movement.

What's the treatment?
Over-the-counter painkillers such as ibuprofen will help the pain. A splint supporting your joint and limiting the movement of your thumb and wrist will rest the joint.
If pain relievers and a splint aren't effective, a specialist might recommend injecting a long-acting corticosteroid into your thumb joint. If all these approaches fail, surgery is an option.
You'll wear a cast or splint over your thumb and wrist for up to six weeks after surgery, and when the cast is removed, you'll have physiotherapy to help you regain hand strength and movement.

—Dr Miriam Stoppard, Daily Mirror

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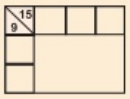
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas



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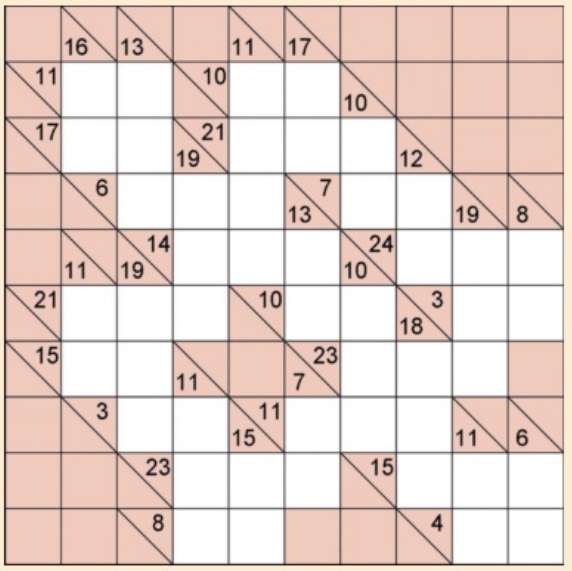
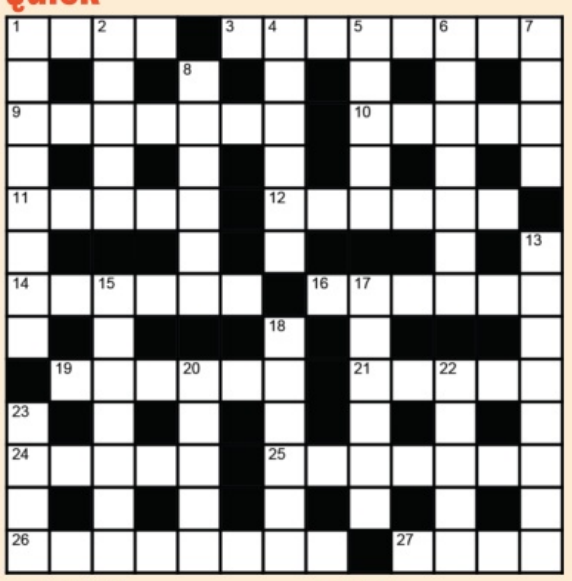
Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Poisonous snakes (4)
3 Perimeter (8)
9 Altercation (7)
10 Sturdy (5)
11 Included with (5)
12 Platitude (6)
14 Tidily and properly (6)
16 US moon mission (6)
19 A French cake (6)
21 ___ Hills: Scenic spot around 60 kms from Bangalore (5)
24 Underground rail system (5)
25 Burglars (7)
26 Annoyed, drove to distraction (8)
27 Satirical piece (4)

DOWN

1 Familiarise (8)
2 Aristotle's teacher (5)
4 Kind of limestone (6)
5 India's first P.M. (5)
6 Spray from a can? (7)
7 Spinning toy (2-2)
8 Sparing (6)
13 Scenery for a film (5,3)
15 Expected hopefully (7)
17 Writing instrument (6)
18 Make gentle sounds as of leaves blowing in gentle breeze? (6)
20 Summon up (5)
22 2022 Wimbledon Champion ____ Djokovic (5)
23 Muslim prayer-leader (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: G EQUALS P

LEI GHZGTYTRCUQL'Q GVHGZQI UQ LZ KTWI ZRI QIL ZP GIZGBI PZHYIL LETL FIHLTUR ZLEIH QILQ ZP GIZGBI THI EVKTR.

Linemaro

You look like a dream

Mindchow

The only disability in life is a bad attitude

Joke of the day

If at first you don't succeed, skydiving is not for you

Loop

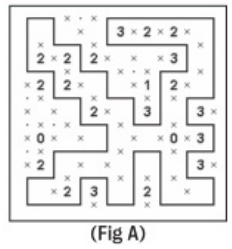
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

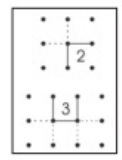
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

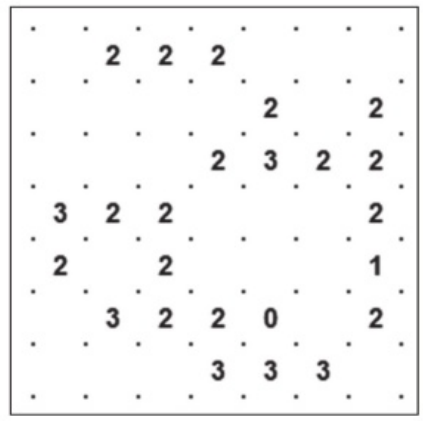
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



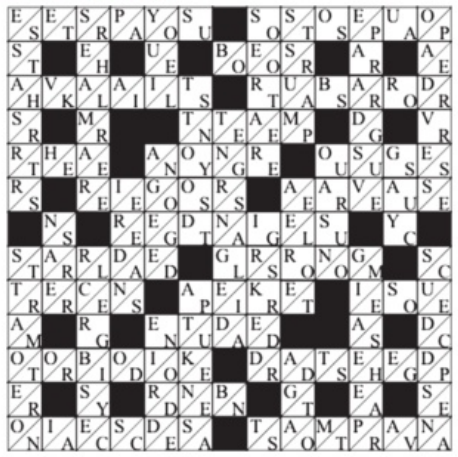
(Fig A)



(Fig B) Not Allowed



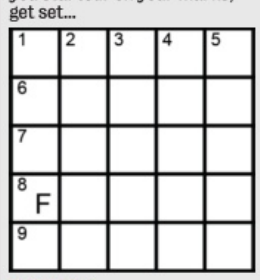
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

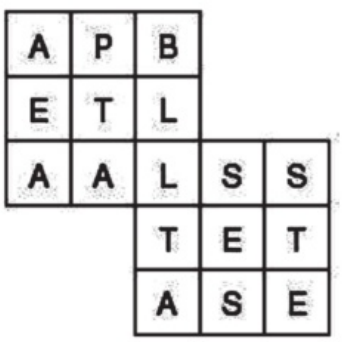
1 I bash; 6 Or ken; 7 Uglis; 8 If ell; 9 Aloft

DOWN

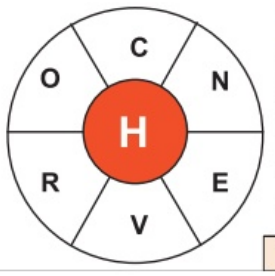
1 Iff Sk; 2 A girl; 3 Oh LOL; 4 Ulna I; 5 Beets

Mensapuzzle

Each square contains the letters of a nine-letter word. Find the two nine-letter words that are antonyms.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; 08 Good; 10 Outstanding

SudokuChallenge

			8	3	4			
	4	8	6		1	2	9	
	1						8	
		2	9		6	7		
7								9
		5	4		2	6		
	9						6	
	2	7	1		9	3	5	
			3	2	8			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 5

2 5 6 8

Medium = 4

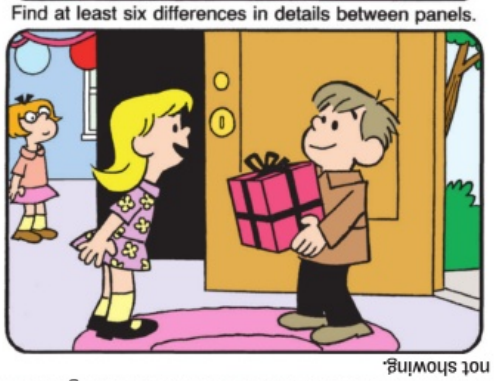
2 4 5 7

Hard = 15

3 8 8 5

Hocusfocus

Find at least six differences in details between panels.



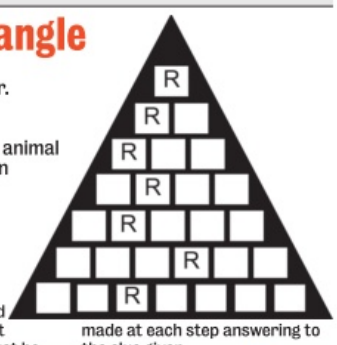
Differences: 1. Present is smaller. 2. Sock is higher. 3. Girl is moved. 4. Bush is different. 5. Balloon is missing. 6. Arm is not showing.

Riddler

Mr Winter, the musical director, is transposing music scores for an upcoming show by painstakingly entering each note into a computer program. So far he has typed in two-sevenths plus 468 of the total notes. He still has two-thirds minus 156 to do. How many notes are there for transposition altogether?

Alpha triangle

1 18th letter
2 Rugby Union, abbr.
3 Furrow
4 Faithful
5 Violent person or animal
6 Capital of Lebanon
7 Rotary engine



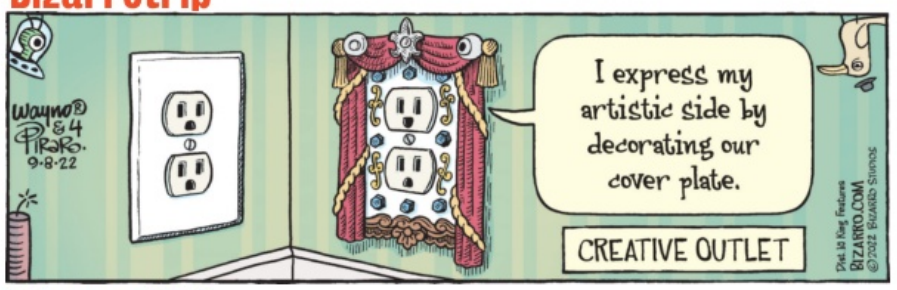
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip



Diamond Lil

I WENT TO MY SENIORS CARDIO CLASS TODAY
SENIORS CARDIO CLASS? WHAT DO YOU DO THERE?
WE TURN ON "WHEEL OF FORTUNE" AND SCREAM CONSONANTS AT THE TV
www.creators.com
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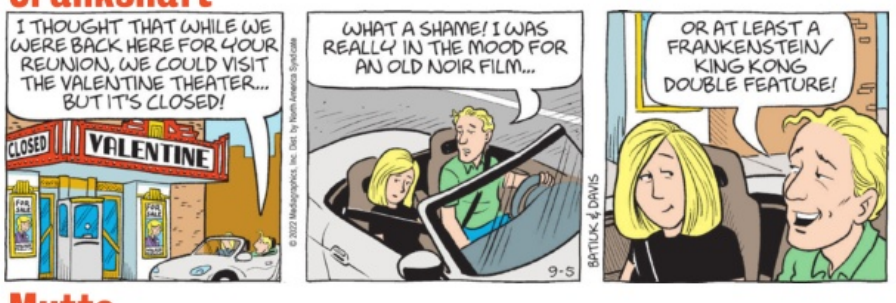
Hart of the city

MANA TOURNAMENT, HERE WE COME!
FIVE BUCKS.
WHY DO I HAVE TO PAY? I'M JUST HERE FOR MORAL SUPPORT.
I DON'T MAKE THE RULES.
WE GOTTA GET IN TO INVESTIGATE!
FINE. YOU'RE LUCKY I LOVE A GOOD MYSTERY.
HEART OF THE CITY © 2022 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft


I THOUGHT THAT WHILE WE WERE BACK HERE FOR YOUR REUNION, WE COULD VISIT THE VALENTINE THEATER... BUT IT'S CLOSED!
CLOSED
VALENTINE
WHAT A SHAME! I WAS REALLY IN THE MOOD FOR AN OLD NOIR FILM...
OR AT LEAST A FRANKENSTEIN/ KING KONG DOUBLE FEATURE!
BATIUK & DAVIS
9-5

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be in a hurry. You are advised to drive safely. But with the blessing of the elders, you may come out of a messy situation. You are likely to be more romantic in your love life, harmony in domestic life may come. You may expect some positive results in new partnerships. Love birds may enjoy their happy moments. Students may hear good news in terms of academics.

Taurus Apr 21 – May 20
Today your subordinate staff may be cooperative, it may help you to complete postponed projects. You are likely to join some social event, which may boost your network, it may help you in your work or social life. You may plan to go for an outing with friends. Some disputes with friends may be settled by now. Students are advised to avoid carelessness.

Gemini May 21 – Jun 21
Today your communication skills may help you in terms of professional front. You may likely be more polite with everyone around you, which may help you to speed up your projects. Love birds may likely to exchange their views with each other, which may make some foundation of their relationship.

Cancer Jun 22 – July 23
Today you are blessed by the moon. New Partnership may give you benefits. Your energy level may likely be high. Your hard work and enthusiasm may pay you off in terms of financial gains. Self-respect may protect you from negative people around you.

Leo Jul 24 – Aug 23
Today you may feel dullness and unhappiness. You should be advised to avoid harsh conversation with friends and family members. You may also not be able to get proper reciprocation of your hard work. Need to follow your intuition. Advised to keep patience while taking some important decisions.

Virgo Aug 24 – Sep 23
Today new sources of income may likely be opened. Your past investments may give you a good profit, which will boost your bank balance. You may likely connect with a social organisation, which will increase your network. Singles may find a soul mate in terms of marriage.

Libra Sep 24 – Oct 22
Today blessing from elders may make you confident. You can follow your intuition before taking any initiatives which may help you at work. Your intuition may help to gain more in terms of finance. You may be likely to visit some religious place with your family members. You must control your arrogance to enjoy your domestic life. Students may expect good results with the help of destiny.

Scorpio Oct 23 – Nov 22
Today you may expect some instant gains in your business, which may boost your confidence level as well as bank balance. Advised to avoid stress in domestic life. There would be some momentum at business and work front. Your prestige may be increased. You may also plan for an overseas trip.

Sagittarius Nov 23 – Dec 22
Today things would not be favourable. You may feel dull and unhappy. Some mysterious fear may make you upset. You may likely be attracted to the occult. You may feel a lack of confidence, which may affect your work. It is to avoid rash driving and risky adventure tours.

Capricorn Dec 23 – Jan 20
Today you are blessed by the moon. Love would be in the air in terms of personal life. Singles may find suitable matches.
You may do better in terms of professional life. Your friends and subordinate staff may likely to support you.

Aquarius Jan 21 – Feb 19
Today you may be able to make a balance between your earnings and expenses, which may boost your bank balance. You may likely perform better in your job. Your boss can give you new responsibilities in terms of promotions. You may get back your money which was stuck. You may be able to control over your opponents and hidden enemies.

Pisces Feb 20 – Mar 20
Today you may feel dullness due to sleeplessness, you may be scattered towards your goals. Which may affect your working efficiency, you may plan to visit some religious place. But in the late evening, you may be blessed by your elders; you may find out your mistakes and may make a good plan for the coming day. You are advised to take care of your parent's health.

KIDZONE

Arya K Prasanna, 10 Years, NCFE School

Sahana KS, 6 Years, Soundarya Shree School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
10-100+10-10×5
10-100+10-50
-90+10-50
-80-50=-130

BULL'S EYE
CHEVRON, chore, echo, hero, heron, hone, horn, hove, hover, ochre

STRIKE OUT

S	T	R	A	Y	S		S	T	O	P	U	P		
T		E		U		O	E	R		R		A		
A	V	A	I	L	S		T	A	B	A	R	D		
R	M		N	E	A	P		G		R				
T	H	E		A	O	N	E		O	U	S	E		
A	G	N	U	D	E		S		S		D			
T	O	B	O	O	K		D	A	S	H	E	D		
E		Y		D	E	B		G		A		E		
N	I	E	C	E	S		S	A	M	P	A	N		

FAST FIVE

F	L	O	A	T
F	I	L	L	E
I	G	L	U	S
K	R	O	N	E
S	A	H	I	B

RIDDLER 6,552 notes

QUICK

M	A	D	D	E	N	E	D		S	K	I	T		
A		E		K		L		L		A		E		
I		I		V		S		C		O		E		
G	A	T	E	A	U		N	A	N	D	I			
N	E	A	T	L	Y		A	P	O	L	L	O		
I		A		E		O		M						
A	M	O	N	G		T	R	U	I	S	M			
U		T		I		R		O				O		
O	U	A	R	E	L		H	A	R	D	Y			
C		L		F		O		E		E		O		
A	S	P	S		B	O	U	N	D	A	R	Y		

MENSA PUZZLE
PALATABLE, TASTELESS.

QUOTE UNCODE
The propagandist's purpose is to make one set of people forget that certain other sets of people are human.

SUDOKU

6	5	1	3	2	8	7	9	4
4	2	7	1	6	9	3	5	8
8	9	3	7	4	5	1	6	2
9	8	5	4	7	2	6	3	1
7	6	4	5	1	3	8	2	9
1	3	2	9	8	6	9	4	5
5	1	6	2	9	7	4	8	3
3	4	8	6	5	1	2	9	7
2	7	9	8	3	4	5	1	6

ALPHA TRIANGLE
R, RU, Rut, True, Brute, Beirut, Turbine.

LOOP

GO FIGURE
Easy
2 − 8 + 5 + 6 = 5
Medium
5 + 2 − 7 + 4 = 4
Hard
5 + 8 − 8 × 3 = 15

KAKURO

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Star-studded birthday do

Hollywood star Leonardo DiCaprio marked his 48th birthday with a party for all his celeb friends like Bradley Cooper, Kate Hudson, Rebel Wilson, Sir Mick Jagger and Jamie Foxx at a private mansion

Whole world is the stage for Richa

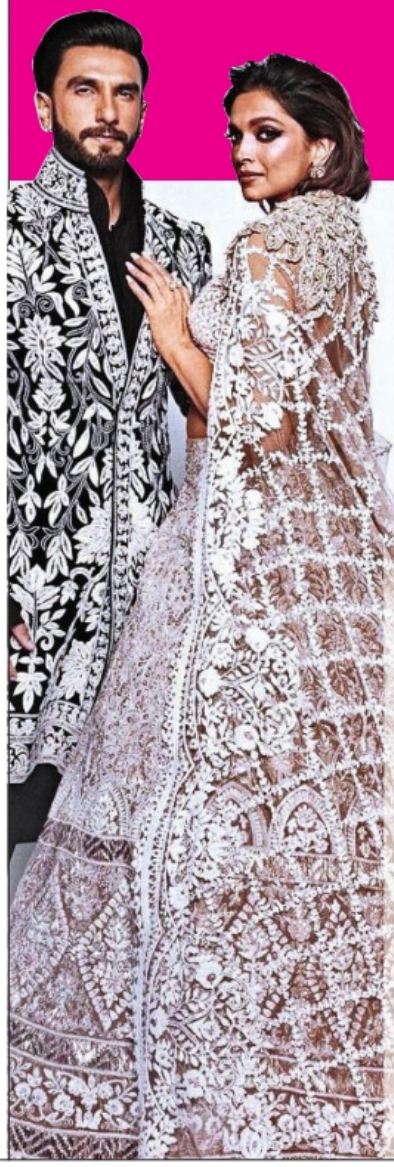
Actress Richa Chadha, who recently wedded her long time partner Ali Fazal, is set to make her foray into international cinema. The project will be directed by a British director, who is yet to sign the dotted line.

The project is currently in the early stages and Richa has given her consent for the project.

Talking about the development, Richa said: "It is too early to reveal anything, but yes, I have read the script and I have decided to go ahead with it. The story is interesting and I really liked my character. It is nice to see crucial roles written for Indian actors in major international productions." Richa has worked in 'Love Sonia' which was produced by David Womark but was directed by Indian director Tabrez Noorani. This will be Richa's first film internationally in a leading role.

The actress is in the middle of shooting 'Heera Mandi' and shuffling with the shoot of her maiden production, 'Girls Will Be Girls' directed by Shuchi Talati. **--IANS**

Larger than life



Ranveer& Deepika sure are high-fliers. A list of some of their dearest possessions

Bollywood's power couple Ranveer Singh and Deepika Padukone clocked four years of married life on Monday. All these years, the couple has dodged break-up rumours. Over the years, the couple have amassed several luxurious assets, take a look:

Holiday villa

Apart from their expensive homes in Mumbai, Ranveer Singh and Deepika Padukone recently invested in a fancy holiday villa in Alibaug. The couple reportedly paid Rs 22 crore for the property, which is based in the coastal area. Inaugurating the house in August this year, Ranveer and Deepika had performed the Griha Pravesh pooja at their Alibaug address, which is spread across 9000 sq ft.

Fleet of hot wheels

Ranveer Singh is often seen driving around in his prized possessions like his Aston Martin Rapide and Lamborghini Urus. The couple also owns a Mercedes Maybach and a Mercedes Benz as well as several high end models of Audi BMW. Ranveer received an Ariel Vintage Motorcycle, worth Rs 7 lakh, from the makers of Lootera.

Luxury accessories

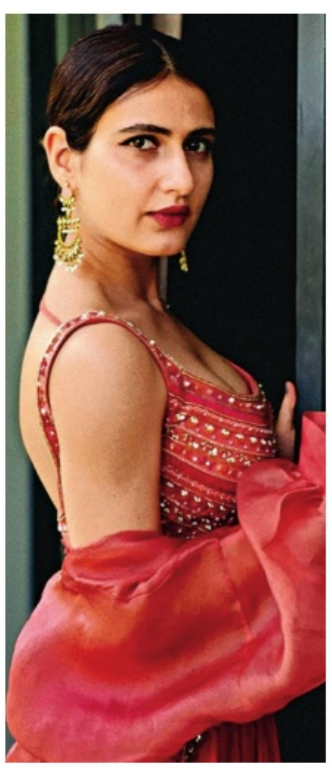
While Ranveer Singh often flaunts a diamond-studded Franck Muller Vanguard Yachting Watch Number 6471, Deepika is a proud owner of a Tissot Classic Prince Diamonds watch worth Rs 8 lakh. Apart from these high-end timepieces, the couple also owns luxurious accessories like Ranveer's Louis Vuitton boots worth a few lakhs and Deepika's Hermes Birkin bag worth Rs 8 lakh.

Fancy, fancy vanity vans?

Ranveer Singh owns a designer vanity van, which is heavily inspired from the world of Batman. Nestled in the dark aesthetics in an extensive personal gym, it cost the actor a whopping Rs 80 lakh. On the other hand, Deepika Padukone's plush vanity van space comes with a soundproofed private zone, lounge area and an extensive closet.

-ETimes

Fatima speaks about struggle with epilepsy



Fatima Sana Shaikh indulged in an Ask Me Anything session on Instagram with her followers, wherein she opened up about her battle with epilepsy. The actress even busted myths about epilepsy patients. About her diagnosis, Fatima shared, "was diagnosed when I was training for 'Dangal'. I got an episode and woke up straight at the hospital... was in denial first (for five years). And now, I have learnt to embrace it, and work and live around it."

When asked if epilepsy negatively impacted her career, Fatima said, "I mean I have to go a bit slow. But I can do everything. There are some odd and tough days. That slows me down. But I have been fortunate enough to work with people I have been dying to work with. And this has not affected my passion and neither have I ever compromised on any effort to do my best. In fact it pushes and drives me to work harder." And when an Instagram user wrote about an epilepsy patient being made to smell a stinking shoe, the actress replied, "This is a myth. Please don't do this. Already it's traumatic to come out of a seizure. Last thing you want is to wake up to a stinking shoe! Horrible!"

-ETimes

Hot or what!
10 times actor Disha Patani aced the glam game on the Gram
Watch this story come alive on your device by scanning this QR code

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Different avatar

Minister for Housing V Somanna at the muhurat function of Bingo

Ragini Dwivedhi, who was in the limelight for her bold performance in an item song – Thuppa Beka Thuppa – for the movie Kalla Malla Sulla more than a decade ago, is all set to play a different character in the forthcoming Kannada movie Bingo.

"I can't reveal the details of my role. I will reveal it at an appropriate time. I can say that it will be completely different from the roles I played in Kannada movies," said Ragini.

The muhurat function of Bingo was held at Sri Durga Parameshwari Temple at Chandra Layout on Sunday. Karnataka Minister for Housing V Somanna switched the camera on while actor Vasishta Simha sounded the clapboard.

Bingo is director Shankar Konamanahalli's second movie. Shankar debuted as an independent director in Sandalwood with Shambo Shiva Shankara that is scheduled for release next month. "Bingo is a romantic thriller. The movie is based on a real life incident and the shooting will be held in and around Bengaluru," said Konamanahalli.

Teletubbies

Director Sukhesh Shetty has embarked on a task to narrate the situation at a village between 1980 and 1990 when TV sets began entering rural areas. Sukesh handles the megaphone for the Kannada movie Doordarshana. It is his maiden film as the director. Prithvi Ambaar and Ayaana are the lead pair in this movie.

Prithvi Ambaar and Ayaana in Doordarshana

"The script revolves around a village where an affluent person, known for being the first to buy any new thing that comes to the market, happens to buy a TV set. His house becomes a destination for villagers to watch the TV programmes. The movie is about the advantages and disadvantages of having a TV. The movie has all elements that are necessary to entertain the movie buffs," said Shetty.

The movie's shooting was held in and around Puttur in Dakshina Kannada. "We are busy with promotional activities and also post production work of the movie. We have released audio of this movie and it has got a positive response from music lovers," he said, adding that a video song – Kannu Kannu Kaadaadutha Irali – got one lakh views in one hour.